

2020 Sapling Route

13.9 miles

| Leg | Dir | Type | Notes | Total |
|-----|-----|----------|---|-------|
| | ← | Left | From the bottom of the Metropolitan Branch Ttrail ramp, turn left on M St NE towards First St SE | 0.0 |
| 0.1 | ← | Left | Turn left onto First St NE | 0.1 |
| 0.6 | ← | Left | Turn left onto Columbus Circle Northeast | 0.8 |
| 0.1 | → | Right | Turn right onto Delaware Ave NE (you may have to get on the sidewalk as you head towards the Capitol) | 0.8 |
| 0.3 | ↑ | Straight | Head straight across the east face of the Capitol building (watch for pedestrians) | 1.1 |
| 0.2 | ↑ | Straight | Continue onto New Jersey Ave SE | 1.4 |
| 0.6 | → | Right | Turn right onto I St SE (watch for construction) | 2.0 |
| 0.7 | ← | Left | Turn left onto 4th St SW | 2.7 |
| 0.3 | → | Right | Turn right onto N St SW | 3.0 |
| 0.1 | → | Right | Turn right to stay on N St SW | 3.1 |
| 0.0 | ↑ | Straight | Continue straight to get on the path into SW Waterfront Park | 3.1 |
| 0.0 | ← | Left | Turn left on the path into SW Waterfront Park | 3.2 |
| 0.2 | ← | Left | Follow the path Left past the Titanic Memorial, | 3.3 |
| 0.1 | ↑ | Straight | Continue onto P St SW | 3.4 |
| 0.2 | → | Right | Turn right onto 2nd St SW | 3.7 |
| 0.2 | ← | Left | Turn left onto R St SW | 3.8 |
| 0.1 | ↑ | Straight | Continue onto Potomac Ave SW | 3.9 |
| 0.2 | ↑ | Straight | Continue on Potomac Ave across S. Capitol St. SE. Watch for construction (you may need to use the sidewalk) | 4.1 |
| 0.2 | ← | Left | Potomac Ave SE turns slightly left and becomes First St SE | 4.3 |
| 0.5 | → | Right | Turn right onto I St SE | 4.8 |
| 0.1 | ← | Left | Turn left onto 2nd St SE | 4.9 |
| 0.1 | → | Right | Turn right onto Virginia Ave SE . Use the bike path on the righthand side of the road! | 5.0 |
| 0.6 | → | Right | Turn right onto 9th St SE | 5.6 |
| 0.1 | ← | Left | Turn left onto Potomac Ave SE (it becomes L St SE) | 5.6 |

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| 0.1 | ← | Left | Turn right onto 11th St SE (head for the bike lane across the intersection with M St SE, or get on the sidewalk if more comfortable) | 5.7 |
| 0.3 | ↑ | Straight | Use the sidewalk to cross the 11th St SE Bridge | 6.0 |
| 0.3 | → | Right | Just after the bridge, turn right onto the trail down the hill. | 6.3 |
| 0.1 | → | Right | Turn right onto Good Hope Rd SE | 6.4 |
| 0.1 | → | Right | Turn right onto the Anacostia Riverwalk Trail | 6.5 |
| 1.5 | ↑ | Straight | Halfway point! Take a break in the park by the Anacostia Park Skating Pavillion | 7.9 |
| 0.1 | ← | Left | Follow the Anacostia Riverwalk Trail to the left | 8.0 |
| 0.1 | ↑ | Straight | Use the bridge to stay on the Anacostia Riverwalk Trail and cross over the railroad tracks! | 8.1 |
| 1.2 | → | Right | Stay right at the fork (signs for West Bank Trail) | 9.4 |
| 0.0 | → | Right | Follow the trail to the right, up towards Benning Rd NE | 9.4 |
| 0.0 | ← | Left | Use the sidewalk to turn left onto Benning Rd NE | 9.4 |
| 0.3 | ← | Left | After the Benning Rd Bridge, turn left to stay on the Anacostia Riverwalk Trail, headed south | 9.8 |
| 0.1 | ↑ | Straight | Continue straight on the Anacostia Riverwalk trail. Wave to Kingman Island! | 9.9 |
| 0.4 | → | Right | Just before the Whitney Young Memorial Bridge, take a sharp right on the trail alongside C St NE | 10.3 |
| 0.4 | → | Slight Right | Slight right at the fork to stay on the trail | 10.7 |
| 0.2 | ← | Left | Turn left toward Oklahoma Ave NE | 10.9 |
| 0.0 | → | Right | Slight right onto D St NE | 10.9 |
| 0.3 | ← | Left | Turn left onto 17th St NE | 11.2 |
| 0.3 | → | Right | Turn right onto E Capitol St SE/East Capitol St NE | 11.6 |
| 0.4 | → | Right | Turn right onto 13th St NE/Lincoln Park Dr NE- get in the left turn lane! | 12.0 |
| 0.0 | ← | Left | Turn left onto East Capitol St NE to go around Lincoln Park | 12.0 |
| 0.2 | ← | Left | Turn left onto 11th St NE | 12.2 |
| 0.0 | → | Right | Turn right to continue on E Capitol St SE/East Capitol St NE | 12.2 |
| 0.4 | → | Right | Turn right onto 6th St NE | 12.6 |

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| 0.6 | ← | Left | Turn left onto G St NE | 13.2 |
| 0.2 | → | Right | Turn right onto 3rd St NE | 13.4 |
| 0.5 | ← | Left | Use the sidewalk to turn left onto M St | 13.9 |
| 0.0 | ↑ | Straight | 14 miles complete—you did it! You are basically back where you started— follow M St NE past REI and under the underpass to return to the bottom of the Metropolitan Branch Trail. | 13.9 |